# Warranty

## FULL ONE YEAR WARRANTY

This Rival product is warranted against defects in materials or workmanship for one (1) year from date of original purchase. If your defective product is delivered prepaid during that period to an authorized service station it will be repaired at no charge. Or you may write to **Rival's Consumer Relations Dept., 3601 Bennington Ave., Kansas City, Mo. 64129.** Your product will be repaired or replaced (at our option) at no charge.

This warranty does not apply to commercial use, unreasonable use, or to damage to the product (not resulting from defect or malfunction) while in the possession of the consumer. The replacement of lids or stoneware liners broken in use is not included in this warranty

This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

A short power-supply cord is provided to reduce the hazards resulting from entanglement or tripping over a longer cord. An extension cord may be used with care; however, **the marked electrical rating should be at least as great as the electrical rating of the CROCK-POT.** The extension cord should not be allowed to drape over the counter or tabletop where it can be pulled on by children or tripped over.

Model _____ Date Purchased _____

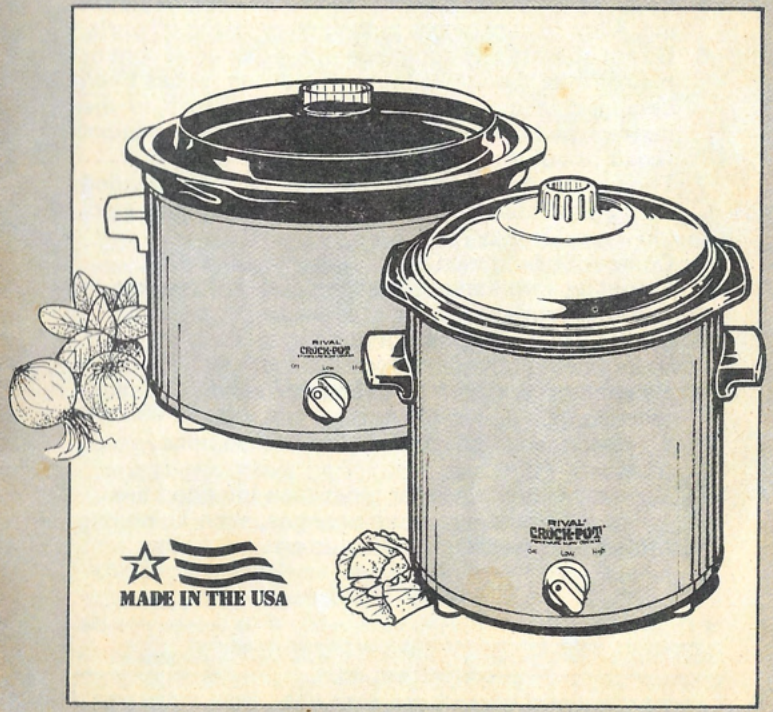
RIVAL®

**RIVAL MANUFACTURING CO., KANSAS CITY, MO. 64129**
Printed in U.S.A. R6-89 427-932

# RIVAL®

# CROCK-POT®

## Stoneware Slow Cooker




"Cooks all day while the cook's away"®

# IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be following, including the following:

1. Read all instructions.
2. Do not touch hot surfaces. Use handles or knobs.
3. To protect against electrical shock, do not immerse cord, plugs or cooking unit in water or other liquid.
4. Close supervision is necessary when any appliance is used by or near children.
5. Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts.
6. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions, or has been damaged in any manner. Return appliance to the nearest authorized service facility for examination, repair or adjustment.
7. The use of accessory attachments not recommended by the appliance manufacturer may cause fire, electric shock or injury.
8. Do not use outdoors.
9. Do not let cord hang over edge of table or counter, or touch hot surfaces.
10. Do not place on or near a hot gas or electric burner, or in a heated oven.
11. Extreme caution must be used when moving an appliance containing hot oil, or other hot liquids.
12. To disconnect, turn control to "off," then remove plug from wall outlet.
13. Do not use appliance for other than intended use.
14. Avoid sudden temperature changes, such as adding refrigerated foods into a heated pot.

# SAVE THESE INSTRUCTIONS

■ This appliance is for household use only. ■ No user-serviceable parts inside. Refer servicing to qualified service personnel.

**IMPORTANT NOTE**

**During initial use of this appliance, some slight smoke and/or odor may be detected. This is normal with many heating appliances and will not recur after a few uses.**



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# How to Use

1. Vegetables are usually added to the cooker first, as they take longer to cook than meat. Pare and thinly slice or dice.
2. Trim fats and wipe meats well to remove residue. (If meats contain fats, brown in a separate skillet or broiler and drain before adding to cooker.) Season with salt and pepper. Place in cooker on top of vegetables.
3. For roasts and stews, pour liquid over meat, moistening well. Use no more liquid than specified in the recipe. Why? Because in slow cooking, more juices in meats and vegetables are retained than in conventional cooking.
4. Always cook with the lid on, for recommended time.
5. Unplug when cooking is done or before cleaning.

## TO CLEAN

**Caution: Never Submerge Crock-Pot Heating Unit in Water**

### Models With Removable Stoneware

- **The removable stoneware** goes safely into the dishwasher, or may be washed in hot soapy water as soon as possible after emptying. Do not use abrasive cleaning compounds—a cloth, sponge or rubber spatula will usually remove the residue. To remove water spots and other stains, use a non-abrasive cleaner (Bon-Ami® Polishing Cleanser) or vinegar.
- **The metal liner** may be cleaned with a damp cloth or scouring pad, or sprayed lightly with an all-purpose cleaner, to maintain original sheen.

### Models Without Removable Stoneware

- **After emptying your CROCK-POT**, fill with hot or warm soapy water to loosen food remains. Do not use abrasive cleaning compounds—a cloth, sponge or rubber spatula will usually remove the residue. If necessary, a plastic cleaning pad may be used. Use a non-abrasive cleaner (Bon-Ami® Polishing Cleanser) or vinegar to remove water spots and other stains.

### Either Model

- **The outside of the CROCK-POT** may be cleaned with a soft cloth and warm soapy water. Wipe dry. Do not use abrasive cleaners.
- **The lid** may be washed in the dishwasher; plastic lid must be placed on top rack.

# Hints

- There are two temperature settings. Low is recommended for slow "all-day" cooking. One hour on High equals about 2 to 2½ hours on Low.
- Do not use cooker for thawing or cooking frozen meats (such as roasts or chicken) **unless** you first add at least 1 cup of warm liquid. The liquid will act as a "cushion" to prevent sudden changes in temperature. Cook recipes containing frozen meats an additional 4 to 6 hours on Low or 2 hours on High.
- Most vegetables should be thinly sliced and placed near sides or bottom of the CROCK-POT. (An unusual characteristic of the CROCK-POT is that meats generally cook faster than most vegetables—depending on the age of the vegetables.)
- Use whole leaf herbs and spices for best and truest flavor for all-day cooking. If ground herbs and spices are used, they should be stirred in during the last hour.
- Because there is no direct heat at the bottom, always fill CROCK-POT at least half full to conform to recommended times. Small quantities may be prepared but cooking time will be affected.
- A specific liquid called for in a recipe may be varied if an **equal** quantity is substituted. (Such as substituting a 10¾-ounce can of soup plus 4 ounces of water for a 14½-ounce can of tomatoes OR ½ cup beef or chicken broth for ½ cup wine, etc. . . .)
- Dried beans, especially red kidney beans, should be boiled before adding to a recipe. Cover the beans with 3 times their volume of unsalted water and bring to a boil. Boil 10 minutes. Discard water after boiling.

  Beans must be softened completely before combining with sugar and/or acid foods (Note: Sugar and acid have a hardening effect on beans and will prevent softening). After boiling beans 10 minutes, reduce heat, cover and allow to simmer 1½ hours or until beans are tender. Soaking in water, if desired, should be completed before boiling. Discard water after soaking or boiling.
- Do not use the CROCK-POT for storage of foods.
- Do not reheat foods in the CROCK-POT.



# Questions and Answers

**Q "What if the food isn't done after 8 hours . . . when the recipe says '8 to 10 hours'?"**

**A** This is due to voltage variations which are commonplace everywhere. Or altitude. Or even extreme humidity. The slight fluctuations in power which occur everywhere do not have a noticeable effect on most appliances. They can slightly alter the cooking times in the CROCK-POT due to the extended cooking times. Allow plenty of time, and remember, it is practically impossible to overcook. You will learn through experience whether to use the shorter or longer time given.

**Q "Must the CROCK-POT be covered? Is it necessary to stir?"**

**A** Cook with the cover on. Avoid frequent removal of the cover for checking cooking progress or stirring. Significant amounts of heat escape whenever lid is removed; therefore, the cooking time must be extended. The CROCK-POT lacks the ability to recover heat losses quickly when cooking on Low setting. Never remove cover during first two hours when baking breads or cakes.

It's not necessary to stir while cooking on Low heat. While using High for short periods, occasional stirring improves the distribution of flavors throughout the entire recipe.

**Q "How about thickening the juices or making gravy?"**

**A** Make it right in your CROCK-POT! Retain all that delicious flavor! Add some quick-cooking tapioca to any recipe when you want a thick gravy. Add the tapioca at the beginning and it will thicken as it cooks! Or you may remove foods from the pot, leaving the juices. Prepare a smooth paste of approximately ½ cup flour or cornstarch to ½ cup water or 4 tablespoons melted butter. Pour mixture into liquid in the CROCK-POT and stir well. Turn to High and when it comes to a boil (about 15 minutes) it is ready.

**Q "Can I cook a roast without adding water?"**

**A** Yes—if cooked on Low. We recommend a small amount because the gravies are especially tasty. The more fat or "marbling" the meat has, the less liquid you need. The liquid is needed to properly soften and cook vegetables.

# Guide for Adapting Recipes

This guide is designed to help you adapt recipes to the CROCK-POT—your own favorites and prized recipes collected from friends, food companies, newspapers and magazines. Our aim is to save preparation time with fewer steps and dishes . . . and to keep cooking simple.

In most cases, all ingredients can go into your CROCK-POT in the beginning and can cook all day. Many preparatory steps are unnecessary when using the CROCK-POT. A few hints:

- Allow sufficient cooking time.*
- Cook with cover on.
- Do not add as much water as some recipes indicate.
- Remember—liquids don't "boil away" as in conventional cooking. Usually you'll have more liquid at the end of cooking instead of less.
- It's "one-step" cooking: many steps in the recipes may be deleted. Simply add ingredients to the CROCK-POT at one time and cook 8 to 12 hours (add any liquid last).
- Vegetables do not overcook as they do when boiled in your oven or on your range. Therefore, everything can go into the CROCK-POT at one time. Exception: milk, sour cream or cream should be added during last hour.

## TIME GUIDE

| IF RECIPE SAYS: | COOK IN CROCK-POT: |
|---|---|
| 15 to 30 min. | 1½ to 2 hrs. on High OR 4 to 6 hrs. on Low* |
| 35 to 45 min. | 3 to 4 hrs. on High OR 6 to 10 hrs. on Low* |
| 50 min. to 3 hrs. | 4 to 6 hrs. on High OR 8 to 18 hrs. on Low* |

*Most uncooked meat and vegetable combinations will require at least 8 hours on Low.

## LIQUIDS

Use less in slow cooking—usually about half the recommended amount. 1 cup liquid is enough for any recipe unless it contains rice or pasta.

## HERBS and SPICES

Leaf or whole herbs and spices are preferred, but their flavor power may increase—use half recommended amount. If you use ground herbs and spices, add during last hour of cooking.



# Adapting Recipes

## BEANS

Dried beans, especially red kidney beans, should be boiled before adding to a recipe. Cover the beans with 3 times their volume of unsalted water and bring to a boil. Boil 10 minutes. Discard water after boiling.

Beans must be softened completely before combining with sugar and/or acid foods (Note: Sugar and acid have a hardening effect on beans and will prevent softening). After boiling beans 10 minutes, reduce heat, cover and allow to simmer 1½ hours or until beans are tender. Soaking in water, if desired, should be completed before boiling. Discard water after soaking or boiling.

## SAUTEING VEGETABLES

Generally not necessary! Stir in chopped or sliced vegetables with other ingredients. Only exception: eggplant should be par-boiled or sauteed, due to strong flavor.

Since vegetables develop their full flavor potential with slow cooking, expect delicious results even when you reduce quantities. Because vegetables take longer to cook than meat, slice or chop them when possible.

## PASTA and RICE

If recipe calls for cooking noodles, macaroni, etc., cook before adding to CROCK-ETTE. Don't overcook—just till slightly tender. If cooked rice is called for, stir in with other ingredients; add ¼ cup extra liquid per ¼ cup of raw rice. Use long grain converted rice for best results in all-day cooking.

## MILK

Milk, cream and sour cream tend to break down during extended cooking. When possible add during last hour of cooking. Condensed soups may be substituted for milk, etc., and can cook for extended times.

## SOUPS

Some soup recipes call for 2 to 3 quarts of water. Add other soup ingredients to CROCK-POT; then add water only to cover. If thinner soup is desired, add more liquid at serving time.

If milk-based recipes have no other liquid for initial cooking, add 1 or 2 cups water. Then stir in milk or cream as called for, and heat before serving.

# Important Tips

## 2 Quart Model (3250)

- **All recipes in this book must be reduced by one-half.** If recipe calls for a 3 pound chicken or 3 to 4 pound roast, reduce meat weight to a 2 pound chicken or roast.
- For canned soups, tomatoes, or other foods select an 8 ounce can instead of a 14 to 16 ounce can or use one can instead of two.
- Some soups are available in single serving-sized cans and are perfect for half recipes.
- Use the same cooking time as indicated in the recipe.
- A meat rack and a Bread 'n Cake Bake pan are **not** available for this model.

## 3½ and 4 Quart Models

**(3½ Qt.: 3100, 3150; 4 Qt.: 3104, 3154)**

- All recipes in this book may be prepared as shown for the 3½ or 4 quart models.
- Unless otherwise stated, recipes will make about 6 servings.

## 5 Quart Models

**(3351, 3355)**

- All recipes may be prepared as shown for the 5 quart model. If desired, recipes may be increased by one-half. When a recipe may be doubled it will be indicated by a footnote. If a recipe is increased, cooking time may need to be extended.
- The size and shape of the 5 quart CROCK-POT is ideal for larger roasts (3 to 5 pounds), baking hens (3 to 4 pounds), and picnic hams (to 5 pounds). These weights depend on shape. Extended cooking times may be necessary for these larger cuts.
- Indicator light (Model 3351) glows when unit is turned to either Low or High.



# Care of Stoneware

As with any fine ceramic, the stoneware bowl of your CROCK-POT slow cooker will not withstand the shock of sudden temperature changes.

- Frozen foods such as vegetables and shrimp may be used as part of a recipe. However, do not thaw or cook large frozen foods such as roasts and chicken unless you first add at least 1 cup of liquid. See hints page 4.
- If the stoneware has been preheated or is hot to the touch, do not put in cold foods. Do not preheat CROCK-POT before using unless specified in the recipe. The CROCK-POT should be at room temperature before adding hot foods.
- To wash your CROCK-POT right after cooking, use hot water. Do not pour in cold water if the stoneware is hot.

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Removable stoneware bowl is ovenproof and microwave safe. Do not use plastic lid in microwave or conventional oven. Do not use removable bowl on gas or electric burner or under broiler.

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**Removable stoneware:** Prepare-ahead convenience! Fill stoneware bowl and refrigerate. When ready to cook, set in electrical base and turn to Low or High. Do not preheat electrical base.

## BRAILLE EDITION AVAILABLE

A special Braille edition of the Rival "Crock-Pot" Cookbook has been produced as an aid to the visually handicapped.

For models 3150 and 3350, write to:

**N B A, Braille Book Bank**
**1290 University Avenue, Rochester, NY 14607**

For all other models, contact:

**Braille Committee, Beth Shalom Sisterhood**
**8831 Ensley Lane, Leawood, KS 66206**

Also available is a large-print edition for the visually impaired. For information, write the Braille Committee of Beth Shalom Sisterhood at the above address.

## POT ROAST OF BEEF

**2 to 3 potatoes, pared and thinly sliced**
**2 to 3 carrots, pared and thinly sliced**
**1 to 2 onions, peeled and sliced**
**1½ teaspoons salt**
**¼ teaspoon pepper**
**3 to 4 pound brisket, rump roast or pot roast**
**½ cup water or beef consomme**

Put vegetables in bottom of CROCK-POT. Salt and pepper meat, then put in pot. Add liquid. Cover and cook on Low 10 to 12 hours. (High: 5 to 6 hours.) Remove meat and vegetables with spatula and thicken for gravy if desired (see hint page 5).

**Without Vegetables:** Season roast with salt, pepper and any other favorite seasonings. Add no liquid. Cook as directed.

## HICKORY-SMOKED BRISKET

Place 3 to 4 pound beef brisket on large piece of aluminum foil. Sprinkle generously with ¼ cup of liquid smoke and ½ teaspoon each: celery, onion and garlic salt. Wrap well and put into CROCK-POT. Cover and cook on Low 8 to 12 hours (High: 4 to 6 hours). Serve warm with juices over each slice. Or, refrigerate overnight and then slice thinly, place in CROCK-POT and pour 1½ cups barbecue sauce over meat. Cook 2 to 3 hours on High.

## BEEF STEW

**2 pounds beef chuck or stew meat, cut in 1-inch cubes**
**¼ cup flour**
**1½ teaspoons salt**
**½ teaspoon pepper**
**1½ cups beef broth**
**1 teaspoon Worcestershire sauce**
**1 clove garlic**
**1 bay leaf**
**1 teaspoon paprika**
**4 carrots, sliced**
**3 potatoes, diced**
**2 onions, chopped**
**1 stalk celery, sliced**
**2 teaspoons Kitchen Bouquet (optional)**

Place meat in CROCK-POT. Mix flour, salt and pepper, and pour over meat; stir to coat meat with flour. Add remaining ingredients and stir to mix well. Cover and cook on Low 10 to 12 hours. (High: 4 to 6 hours). Stir stew thoroughly before serving.





## NO PEEK BEEF CASSEROLE

**2 pounds stew beef, cut into 1-inch pieces**
**1 1⅜-ounce envelope dry onion soup mix**
**½ cup red wine**
**1 10¾-ounce can cream of mushroom soup**
**1 4-ounce can whole mushrooms, drained**
**¼ cup quick-cooking tapioca (optional)**

Combine all ingredients in CROCK-POT. Stir together well. Cover and cook on Low 8 to 12 hours. Serve over noodles or rice. (High: 4 to 6 hours). **Serves 4.** This recipe may be doubled for 5-quart models.

## VEGETABLE STUFFED ROUND STEAK

**1½ pounds round steak, bone removed**
**1 tablespoon olive oil**
**½ teaspoon garlic salt**
**¼ teaspoon pepper**
**1 medium sized carrot, grated**
**2 small zucchini squash, sliced thin**
**½ cup (2-ounces) cheddar cheese, grated**
**2 cups prepared spaghetti sauce**

Pound round steak until very thin. Rub olive oil into steak. Sprinkle evenly with garlic salt and pepper. Layer carrots, zucchini, and cheese down the center of the steak lengthwise. Roll up steak from the long side. Tie together with four pieces of string. Place meat in Crock-Pot and cover with spaghetti sauce. Cover and cook on Low 7 to 9 hours. (High: 3 to 4 hours). Before serving, cut and remove string. **Serves 4-6.** Hint: Perfect recipe for the Rival meat rack.

## SWISS STEAK

**1½ pounds round steak, cut ¾-inch thick**
**2 tablespoons flour**
**Salt and pepper to taste**
**1 medium onion, sliced**
**1 carrot, chopped**
**1 small stalk celery, chopped**
**1 15-ounce can tomato sauce**

Cut round steak into serving pieces. Season flour with salt and pepper. Dredge meat in seasoned flour. Place onions in bottom of CROCK-POT; add meat. Top with carrots and celery and cover with tomato sauce. Cover and cook on Low 8 to 10 hours. (High 3 to 5 hours.)

**CREAMY SWISS STEAK:** Place onions and meat in CROCK-POT as directed. Spread 1 10-ounce can cream of mushroom soup over meat. Cook as directed.

## HUNGARIAN GOULASH

**2 pounds round steak, cut in ½ inch cubes**
**1 cup chopped onion**
**1 clove garlic, minced**
**2 tablespoons flour**
**1 teaspoon salt**
**½ teaspoon pepper**
**1½ teaspoons paprika**
**¼ teaspoon dried thyme, crushed**
**1 bay leaf**
**1 14½-ounce can tomatoes**
**1 cup sour cream**

Put steak cubes, onion, garlic in CROCK-POT. Stir in flour and mix to coat steak cubes. Add all remaining ingredients except sour cream. Stir well. Cover and cook on Low 8 to 10 hours. Add sour cream 30 minutes before serving, and stir in thoroughly. (High: 4 to 5 hours, stirring occasionally). Serve over hot buttered noodles.

## BARBECUE MEATS

Place uncooked, seasoned and cut-up chicken, ham, pork chops, or rabbit in CROCK-POT. Pour a little barbecue sauce on each piece. Add no water. Cover and cook on Low 8 to 10 hours. (High: 4 to 6 hours).

NOTE: For added flavor, put cooked meat in broiler pan; pour remaining sauce and drippings over top. Place under broiler for 5 to 10 minutes.

## BARBECUE RIBS

**3 to 4 pounds spareribs**
**Salt and pepper**
**1 onion, sliced**
**1 16-ounce bottle of smoky barbecue sauce (or 2 cups homemade sauce)**

Sprinkle ribs with salt and pepper. Place ribs in broiler pan under broiler for 15 minutes to brown and remove excess fat.

Put sliced onion in CROCK-POT. Slice ribs into serving pieces and put in CROCK-POT. Pour in barbecue sauce. Cover and cook on Low 8 to 10 hours. (High: 4 to 5 hours).





## PORK CHOPS WITH SAUCE

Brown 4 to 8 pork chops well and season lightly with salt and pepper. Place in CROCK-POT and cover with any **one** of the following sauces. Cover and cook on Low 7 to 9 hours. (High: 4 to 5 hours).

**1 10¾-ounce can cream of mushroom soup**
**1 8-ounce jar sweet and sour sauce**
**1 10¾-ounce can cream of chicken soup**
**1 10¾-ounce can chicken and rice soup**
**1½ cups barbecue sauce**

## CORNED BEEF AND CABBAGE

**3 carrots, cut in 3-inch pieces**
**3 to 4 pound corned beef brisket**
**2 to 3 medium onions, quartered**
**¾ to 1¼ cups water**
**½ small head cabbage, cut in wedges**

Put all ingredients except cabbage wedges in CROCK-POT in order listed. Cover and cook on Low 8 to 10 hours. (High: 5 to 6 hours). Add cabbage wedges to liquid, pushing down to moisten, turn to High and cook an additional 2 to 3 hours.

NOTE: Vegetables may be varied, or omitted for plain corned beef.

CABBAGE: To prepare more cabbage than CROCK-POT will hold with large brisket, cook it separately in skillet. Remove 1 cup of broth from CROCK-POT during last hour of cooking. Pour over cabbage wedges in skillet. Cover and cook slowly for 20 to 30 minutes.

## BAKED HAM IN FOIL

Pour ½ cup water in CROCK-POT. Wrap precooked 3 to 4 pound ham in foil; place in CROCK-POT. Cover and cook on High 1 hour, then Low 6 to 7 hours or until ham is hot. If desired, sprinkle ham with liquid smoke before wrapping in foil.

5 quart unit: if cooking larger ham, cook 1 hour on High then Low 8 to 10 Hours.

## POT-ROASTED PORK

**4 to 5 pound loin end pork roast**
**Salt and pepper**
**1 clove garlic, slivered**
**2 medium onions, sliced**
**2 bay leaves**
**1 whole clove**
**½ cup hot water**
**1 tablespoon soy sauce**

Rub pork roast with salt and pepper. Make tiny slits in meat and insert slivers of garlic. Place roast in broiler pan and broil 15 to 20 minutes to remove excess fat.

Put 1 sliced onion in bottom of CROCK-POT. Add browned pork roast and remaining onion and other ingredients. Cover and cook on Low 10 hours. (High: 5 to 6 hours).

Remove meat to platter; thicken gravy if desired. (See page 5.)

## BRAISED SHORT RIBS

**4 pounds beef short ribs**
**Salt and pepper**
**Flour**
**2 medium onions, sliced**
**1½ cups beef broth, water or barbecue sauce**

Roll short ribs in seasoned flour (about 1 cup flour, 1 teaspoon salt and ½ teaspoon pepper). Brown well in large skillet. Put sliced onions in CROCK-POT, add browned ribs and liquid. Cover and cook on Low 8 to 10 hours. (High: 4 to 6 hours).

Remove meat to platter; thicken gravy if desired. (See page 5.)

## IRISH STEW

**2 pounds boneless lamb, cubed, browned and drained**
**2 teaspoons salt**
**¼ teaspoon pepper**
**2 cups water**
**1 small whole bay leaf**
**2 medium carrots, pared and cut in ½-inch slices**
**2 small onions, thinly sliced**
**3 to 4 medium potatoes, pared and quartered (or 1 15-ounce can new whole potatoes, drained)**
**¼ cup quick-cooking tapioca to thicken stew (optional)**
**1 10-ounce package frozen peas or mixed vegetables**

Season cubed lamb with salt and pepper. Add remaining ingredients except peas (omit tapioca if you don't want gravy thickened). Stir well. Cover and cook on Low 10 to 12 hours. Add peas during last 1 to 2 hours of cooking.





## SLOPPY JOES

**3 pounds ground chuck or hamburger**
**1 to 2 onions, finely chopped**
**1 green pepper, seeded and chopped (optional)**
**2 8-ounce cans tomato sauce**
**¾ cup ketchup**
**1 tablespoon Worcestershire sauce**
**1 teaspoon chili powder**
**¼ teaspoon pepper**
**¼ teaspoon garlic powder**

Brown ground meat in skillet; pour into colander and rinse well. Put into CROCK-POT — add remaining ingredients. Stir thoroughly. Cover and cook on Low 8 to 10 hours. (High: 3 to 4 hours).

## MOCK LASAGNA

**1 10-ounce package broad lasagna noodles broken into bite-size pieces**
**1 pound ground beef**
**½ pound Italian sausage**
**1 onion, chopped**
**1 garlic clove, minced**
**12 ounces Mozzarella cheese, shredded**
**1 12-ounce carton cottage cheese**
**2 6-ounce cans tomato paste**
**½ cup water**
**1 teaspoon basil**
**½ teaspoon pepper**
**1½ tablespoons dried parsley flakes**

Cook noodles according to package directions until tender; drain. Brown ground beef and sausage. Drain. Place in lightly greased CROCK-POT. Add all remaining ingredients. Stir to mix thoroughly. Cover, cook on Low 7 to 9 hours. (High: 3 to 5 hours).

## EASY-DOES-IT SPAGHETTI

**1 pound ground beef**
**2 tablespoons dry minced onion**
**1 teaspoon salt**
**½ teaspoon garlic powder**
**2 8-ounce cans tomato sauce**
**1 to 1½ teaspoons Italian seasoning**
**1 4-ounce can sliced mushrooms, drained**
**3 cups tomato juice**
**4 ounces dry spaghetti (1½ cups) broken in 4" to 5" pieces**

Brown ground beef in skillet and place in CROCK-POT. Add all remaining ingredients except dry spaghetti; stir well. Cover and cook on Low 6 to 8 hours. (High: 3 to 5 hours). Turn to High last hour and stir in dry spaghetti. **Serves 4.**

## STEAK SOUP

**3 cups water**
**2 small onions, chopped**
**3 stalks of celery, chopped**
**2 carrots, sliced**
**1 14½-ounce can tomatoes**
**½ teaspoon pepper**
**1 tablespoon monosodium glutamate**
**1 10-ounce package frozen mixed vegetables**
**1 pound coarsely ground beef or finely diced chuck roast, browned and drained**
**2 to 4 tablespoons beef base, granules or paste**
**½ cup butter, melted**
**½ cup flour**

Put all ingredients except butter and flour in CROCK-POT. Cover and cook on Low 8 to 12 hours. (High: 4 to 6 hours). One hour before serving, turn to High. Make a paste of ½ cup melted butter and ½ cup flour. Stir until smooth. Pour into CROCK-POT; stir until thickened. Cook on High until thickened.

## VEGETABLE PASTA

**2 tablespoons butter or margarine**
**2 zucchini, sliced ¼-inch thick**
**2 carrots, thinly sliced**
**1½ cups sliced fresh mushrooms**
**1 package (10 ounces) broccoli spears, slightly thawed and cut in 1-inch pieces (optional)**
**4 green onions, sliced**
**1 clove garlic, minced**
**½ teaspoon basil**
**½ teaspoon salt**
**¼ teaspoon pepper**
**1 cup grated Parmesan cheese**
**12 ounces fettucine (or 8 ounces fettucine and 4 ounces spinach fettucine)**
**1 cup (4 ounces) shredded mozzarella cheese**
**1 cup cream**
**2 egg yolks**

Rub crock walls with butter. Place zucchini, broccoli, carrots, mushrooms, onions, garlic, seasonings and Parmesan cheese in CROCK-POT. Cover and cook on High 2 hours.

Cook fettucine according to package directions; drain. Add cooked fettucine, mozzarella, cream and egg yolks. Stir to blend well. Allow to heat 10 to 15 minutes. For serving, turn to Low for up to 30 minutes.





## MAGIC MEAT LOAF

**2 pounds ground beef**
**2 eggs**
**⅔ cup quick cooking oats**
**1 package dry onion soup mix**
**½ cup catsup**

Reserve 2 tablespoons catsup. Combine ground beef, eggs, oats, soup mix and remaining catsup. Shape into a loaf. Place in CROCK-POT. Top with remaining catsup. Cover and cook on Low 8 to 10 hours (High: 4 to 6).

## SPANISH RICE

**2 pounds ground chuck or beef**
**1 medium onion, chopped**
**1 green pepper, chopped**
**1 28-ounce can tomatoes**
**2 8-ounce cans tomato sauce**
**1 cup water**
**2½ teaspoons chili powder**
**2 teaspoons salt**
**2 teaspoons Worcestershire sauce**
**1 cup raw rice (converted)**

Brown beef in skillet and drain off fat. Put all ingredients in CROCK-POT. Stir thoroughly. Cover and cook on Low 7 to 9 hours. (High: 3 hours).

## GROUND BEEF STROGANOFF

**2 pounds ground beef**
**2 medium onions, chopped**
**2 cloves garlic, minced**
**1 4-ounce can sliced mushrooms, drained**
**1½ teaspoons salt**
**¼ teaspoon pepper**
**1 cup beef consomme or bouillon**
**3 tablespoons tomato paste**
**1 cup sour cream mixed with 2 tablespoons flour**

Brown ground beef in large skillet; add onions, garlic and mushrooms. Saute until onion is golden brown. Put in CROCK-POT with all remaining ingredients except sour cream. Stir thoroughly. Cover and cook on Low 7 to 9 hours. (High: 3 hours). Stir in sour cream 1 hour before serving. Serve over hot buttered noodles or rice.

## GREEN RICE CASSEROLE

- 1 12-ounce can evaporated milk
- ¼ cup cooking oil
- 4 eggs
- ¼ cup freshly minced onion
- 1 cup shredded sharp cheese
- 2 cups fresh parsley leaves, minced (or 1 cup dried parsley flakes)
- 2 teaspoons salt
- ¼ teaspoon pepper
- 3 cups cooked long grain rice

In large bowl beat milk, oil and eggs together until well combined. Add all remaining ingredients; mix well. Pour into greased CROCK-POT. Cover and cook on Low 3½ to 5 hours. Stir after first hour of cooking. Double recipe for 5-quart model.

## MACARONI 'N CHEESE

- 2 cups macaroni, cooked and drained
- 2 tablespoons oil
- 1 12-ounce can evaporated milk
- 1½ cups milk
- 3 cups shredded sharp processed cheese
- ¼ cup melted butter
- 2 tablespoons minced onion

Toss cooked macaroni in 2 tablespoons oil. Add all remaining ingredients. Pour into lightly greased CROCK-POT. Stir well. Cover and cook on Low 3 to 4 hours. Stir occasionally.

## CHICKEN FETTUCCINE

- 2 boned skinned chicken breasts, halved
- 2 tablespoons olive oil
- ¼ cup chopped green onions
- 1 teaspoon minced garlic
- 1 can (14½ ounces) whole tomatoes, drained, coarsely chopped
- 1 tablespoon basil
- 1 cup heavy cream
- 2 egg yolks
- ¾ cup freshly grated Parmesan cheese
- 8 ounces fettuccine
- 1 cup frozen peas, thawed
- 1½ cups sliced fresh mushrooms

In skillet, brown chicken breasts in olive oil. Place chicken in CROCK-POT. Add green onions, garlic, tomatoes and basil. Cover and cook on Low 7 to 9 hours. Remove chicken and cut into pieces. Return chicken pieces to pot. Stir in cream, egg yolks and Parmesan cheese. Cover and cook on High 30 minutes to thicken. While sauce is thickening, cook fettuccine according to package directions; drain. Add fettuccine, peas and mushrooms. Cover and cook on High 30 to 60 minutes.





## MEXICAN TURKEY

- 2 pounds turkey thighs thawed, skin removed
- 1 can (8 ounces) tomato sauce
- 1 can (4 ounces) chopped green chilies
- ⅓ cup chopped onion
- 2 tablespoons Worcestershire sauce
- 2 tablespoons chili powder
- ¼ teaspoon garlic powder
- 8 tortillas
- ¾ cup shredded Cheddar or Monterey Jack cheese
- ⅔ cup sour cream
- Shredded lettuce
- Diced, fresh tomatoes

Place turkey on CROCK-POT. Add tomato sauce, chilies, onion, Worcestershire sauce, chili powder, and garlic powder. Cover and cook on Low 10 to 12 hours. Remove turkey from bone. Return meat to sauce. Spoon on to tortilla and roll. Garnish with cheese, sour cream, lettuce, tomatoes.

## TUNA NOODLE CASSEROLE

- 1 8 to 10-ounce package noodles, cooked, drained*
- 2 10¾-ounce cans condensed cream of celery soup
- 1 cup milk
- 2 tablespoons dried parsley flakes
- 1 10-ounce package frozen mixed vegetables, thawed
- 2 6½-ounce cans tuna, drained
- ½ cup toasted sliced almonds

In a large bowl, thoroughly combine soup, milk, parsley flakes, vegetables and tuna. Fold in noodles. Pour into greased CROCK-POT. Top with almonds. Cover; cook on Low 7 to 9 hours. (High: 3 to 4 hours). *Do not overcook noodles—just until tender.

## COMPANY CASSEROLE

- 1¼ cups raw converted rice
- ½ cup melted butter or margarine
- 2½ to 3 cups chicken broth
- 3 to 4 cups cut-up cooked chicken
- 2 4-ounce cans sliced mushrooms, drained
- 6 tablespoons soy sauce
- 1 12-ounce package frozen shelled shrimp (optional)
- 8 green onions, chopped
- ⅔ cup slivered almonds

Mix rice with melted butter or margarine in CROCK-POT. Stir to coat rice thoroughly. Add all remaining ingredients, except slivered almonds and 2 tablespoons green onions. Stir well. Sprinkle reserved almonds and green onions over top. Cover and cook on Low 7 to 9 hours. (High: 3 to 4 hours).

## "CHICKEN IN A POT"

**2 carrots, sliced**
**2 onions, sliced**
**2 celery stalks with leaves, cut in 1-inch pieces**
**1 3-pound whole broiler/fryer chicken**
**2 teaspoons salt**
**½ teaspoon coarse black pepper**
**½ cup water, chicken broth or white wine**
**½ to 1 teaspoon basil**

Put carrots, onions, and celery in bottom of CROCK-POT. Add whole chicken. Top with salt, pepper, liquid. Sprinkle basil over top. Cover and cook on Low 8 to 10 hours. (High: 3½ to 5 hours, using 1 cup water). Remove chicken and vegetables with spatula.

## CHICKEN IN MUSHROOM GRAVY

**1 3-pound chicken cut up (or 3 whole chicken breasts halved)**
**Salt and pepper**
**¼ cup dry white wine or chicken broth**
**1 10¾-ounce can condensed cream of mushroom soup**
**1 4-ounce can sliced mushrooms, drained**

Place chicken pieces in CROCK-POT. Season with salt and pepper. Mix wine and soup; pour over chicken. Add mushrooms. Cover and cook on Low 7 to 9 hours. (High 3 to 4 hours). Recipe may be doubled for the 5-quart model.

**Chicken Parisienne:** Prepare recipe as directed above. Remove cooked chicken pieces to warm serving platter. Stir together 1 cup sour cream and ¼ cup flour. Stir sour cream mixture into mushroom gravy. Heat for 30 minutes on Low. Serve sauce over chicken with rice or noodles.

## ROAST CHICKEN OR HEN

**1 3-to-4-pound roasting chicken or hen**
**Salt and pepper**
**Parsley**
**Butter**
**Basil OR tarragon (optional)**

Thoroughly wash chicken and pat dry (patting dry assures good browning). Sprinkle cavity generously with salt, pepper and parsley. Place in CROCK-POT, dot chicken breast with butter. Sprinkle with parsley and basil or tarragon if desired. Cover and cook on High 1 hour, then Low 8 to 10 hours.





## CHICKEN 'N NOODLES

**3 to 4 pound broiler/fryer chicken or roasting hen, cut up**
**Salt and pepper to taste**
**2 cups water**
**1 package (10 ounces) egg noodles**

Place chicken in CROCK-POT. Season with salt and pepper; add water. Cover and cook on Low 8 to 10 hours (High: 4 to 5 hours). Remove chicken from broth. Turn CROCK-POT to High and add noodles. Bone chicken and cut up meat. Stir chicken into noodles. Cover and cook 30 to 45 minutes, stirring occasionally.

## COQ AU VIN

**5 bacon slices, diced**
**⅔ cup sliced green onions**
**2½ pound broiler-fryer chicken, cut up (or 3 chicken breasts, halved)**
**4 to 6 small white onions, peeled**
**¼ pound whole mushrooms**
**6 to 8 small new potatoes**
**1 clove garlic, crushed**
**1 teaspoon salt**
**¼ teaspoon pepper**
**½ teaspoon dried thyme leaves**
**½ cup chicken broth**
**½ cup Burgundy wine**
**Chopped parsley**

In large skillet, saute diced bacon and green onions until bacon is crisp. Remove and drain. Add chicken pieces to skillet and brown well on all sides. Remove the chicken when it has browned and set aside. Put peeled onions, mushrooms, potatoes, and garlic in CROCK-POT. Add browned chicken pieces, bacon and green onions, seasonings, and chicken broth. Cover and cook on Low 7 to 9 hours. (High: 4 hours). During last hour, add Burgundy and cook on High. Garnish with chopped parsley.

## CONTINENTAL CHICKEN

**1 2¼-ounce package dried beef**
**3 to 4 whole chicken breasts, halved and boned**
**6 to 8 slices bacon**
**1 10¾-ounce can condensed cream of mushroom soup**
**¼ cup sour cream mixed with ¼ cup flour**

Arrange dried beef on bottom of greased CROCK-POT. Wrap each piece of boned chicken with a strip of bacon and place on top of the dried beef. Mix the soup and sour cream together; pour over chicken. Cover and cook on Low 7 to 9 hours. (High: 3 to 4 hours). Serve over hot buttered noodles. Recipe may be doubled for the 5-quart model.

## DRESSING

- 1 cup butter or margarine
- 2 cups chopped onion
- 2 cups chopped celery
- ¼ cup parsley sprigs
- 2 4-ounce cans sliced mushrooms, drained
- 12 to 13 cups slightly dry bread cubes
- 1 teaspoon poultry seasoning
- 1½ teaspoons salt
- 1½ teaspoons sage
- 1 teaspoon dried thyme
- ½ teaspoon pepper
- ½ teaspoon marjoram (optional)
- 2 to 2½ cups chicken broth or turkey broth and diced giblets
- 2 eggs, beaten

Melt butter in skillet and saute onion, celery, parsley and mushrooms. Pour over bread cubes in a very large mixing bowl. Add all seasonings and toss together well. Pour in enough broth to moisten; add beaten eggs and mix together well. Pack lightly into CROCK-POT. Cover and cook on High 45 minutes; then reduce to Low 4 to 8 hours.

NOTE: 2 7-ounce packages seasoned stuffing mix may be substituted for bread cubes. Use 3 to 3½ cups chicken broth and omit herbs and salt.

## CHICKEN CACCIATORE

- 1 large onion, thinly sliced
- 1 2½-to-3-pound broiler/fryer chicken, cut up
- 2 6-ounce cans tomato paste
- 1 4-ounce can sliced mushrooms, drained
- 1 teaspoon salt
- ¼ teaspoon pepper
- 1 to 2 cloves garlic, minced
- 1 to 2 teaspoons oregano leaves
- ½ teaspoon basil
- ½ teaspoon celery seed (optional)
- 1 bay leaf
- ¼ cup dry white wine

Place sliced onion in bottom of CROCK-POT. Add chicken pieces. Stir together tomato paste, mushrooms, salt, pepper, garlic, herbs and white wine. Pour over chicken. Cover and cook on Low 7 to 9 hours. (High: 3 to 4 hours). Serve chicken pieces over hot buttered spaghetti or vermicelli.





## SPICED SHRIMP

- 3 pounds fresh or frozen shrimp in shells
- 4 cups water or beer
- 1 tablespoon salt
- 1 packet shrimp spices or 1½ tablespoons mixed pickling spices

Put all ingredients in CROCK-POT. Cover and cook on Low 3 to 5 hours. **NOTE:** If desired, fill CROCK-POT with water or beer, salt, and spices, and cook all day on Low. Then turn to High, add shrimp, cook on High 45 to 60 minutes or until shrimp turn pink.

## SEAFOOD CHOWDER

- 1½ pounds fresh or frozen fish fillets (haddock, cod, etc.)
- 3 slices bacon, diced
- 1 medium onion, chopped
- ½ to ¾ cup chopped green onion, with tops
- 2 to 3 potatoes, pared and cubed
- 1½ cups water
- 1½ teaspoons salt
- ¼ teaspoon pepper
- 1 13-ounce can evaporated milk

Thaw frozen fillets and cut into bite-size pieces. In small skillet, saute bacon and onion until golden, drain and put into CROCK-POT with fish. Add all remaining ingredients except evaporated milk. Cover and cook on Low 6 to 9 hours or until potatoes are tender. (High 2½ to 3½ hours). Add evaporated milk during last hour.

## SHRIMP CREOLE

- 1½ cups chopped onion
- ¾ cup chopped celery
- 1 clove garlic, minced
- ¾ cup diced green pepper
- 1 28-ounce can whole tomatoes
- 2 8-ounce cans tomato sauce
- 1 teaspoon salt
- 1 teaspoon sugar
- ¼ teaspoon pepper
- 1 teaspoon paprika
- 1 bay leaf
- 3 to 6 drops Tabasco sauce
- 1 pound fresh shrimp, shelled and deveined (or 1 16-ounce package frozen shelled shrimp, rinsed and drained)

Combine all ingredients except shrimp in CROCK-POT and stir to blend well. Cover and cook on Low 7 to 9 hours. (High: 3 to 4 hours). During last hour turn CROCK-POT to High and add shrimp. Cook 1 hour or until shrimp turn pink.

Dried beans, especially red kidney beans, should be boiled before adding to a recipe. Cover the beans with 3 times their volume of unsalted water and bring to a boil. Boil 10 minutes. Discard water after boiling.

Beans must be softened completely before combining with sugar and/or acid foods (Note: Sugar and acid have a hardening effect on beans and will prevent softening). After boiling beans 10 minutes, reduce heat, cover and allow to simmer 1½ hours or until beans are tender. Soaking in water, if desired, should be completed before boiling. Discard water after soaking or boiling.

## NEW ENGLAND STYLE BAKED BEANS

**1½ pounds dry navy beans (3½ cups)**
**1 pound smoked ham or ham hocks or ½ pound cubed salt pork**
**½ cup chopped onion**
**½ cup packed brown sugar**
**½ cup maple syrup**
**1 teaspoon salt**
**1 teaspoon dry mustard**

Completely soften beans as directed above. (Beans should be soft before mixing with sugar and syrup). Drain. Put beans in CROCK-POT. Add all remaining ingredients along with 1 cup water; mix well. Cover and cook on Low 10 to 12 hours. (High: 4 to 5 hours, stirring occasionally). Cut ham from bone and return to CROCK-POT. If thicker beans are desired, uncover and turn on High during last hour.

**VARIATION:** Stir in ⅔ cup catsup and 2 tablespoons prepared mustard during last hour.

## OLD FASHIONED BEAN SOUP

**1 pound dry navy beans (completely soften beans as directed above)**
**2 quarts water**
**1 pound meaty ham bones or pieces**
**Salt to taste**
**3 whole peppercorns or ¼ teaspoon ground pepper**
**½ cup chopped celery leaves**
**1 medium onion, chopped**
**1 bay leaf (optional)**

Put all ingredients in CROCK-POT. Cover and cook on Low 10 to 12 hours. (High: 5 to 6 hours).





## ITALIAN MEAT SAUCE

**1½ pounds ground chuck, browned**
**1 cup chopped onion**
**2 cloves garlic**
**1 14½-ounce can tomatoes**
**2 6-ounce cans tomato paste**
**2 stalks celery with tops, chopped**
**1½ teaspoons salt**
**2 teaspoons dried oregano leaves**
**¼ teaspoon dried thyme leaves**
**1 bay leaf**

Put all ingredients in CROCK-POT. Stir thoroughly. Cover and cook on Low 10 to 12 hours. (High: 4 to 5 hours).

## VEGETABLE-BEEF SOUP

**1 pound beef shanks, oxtails, short ribs or veal bones**
**1 14½-ounce can tomatoes**
**2 carrots, sliced**
**2 to 3 stalks celery with tops, sliced**
**2 medium onions, diced**
**1 to 2 medium potatoes, pared and diced**
**3 cups water**
**4 whole peppercorns**
**3 beef bouillon cubes**
**1 10-ounce package frozen mixed vegetables, peas or lima beans***

Put all ingredients in CROCK-POT. Cover and cook on Low 12 to 24 hours. (High: 4 to 6 hours). *May be added during last 2 hours of cooking if desired.

## FAVORITE CHILI

**½ pound dry pinto or kidney beans (see top of page 24)**
**2 14½-ounce cans tomatoes**
**2 pounds coarsely ground chuck, browned and drained**
**1 medium onion, coarsely chopped**
**1 green pepper, coarsely chopped**
**2 cloves garlic, crushed**
**2 to 3 tablespoons chili powder**
**1 teaspoon pepper**
**1 teaspoon cumin**
**Salt to taste**

Completely soften beans as directed on page 24. Put all ingredients in CROCK-POT in order listed. Stir once. Cover and cook on Low 10 to 12 hours. (High: 5 to 6 hours).

**NOTE:** Two 16-ounce cans red kidney beans, drained, may be substituted for dry beans.

## COUNTRY CHICKEN SOUP

**2 onions, chopped**
**2 to 3 carrots, sliced**
**2 stalks celery, sliced**
**2 teaspoons salt**
**¼ teaspoon pepper**
**½ teaspoon basil**
**¼ teaspoon leaf thyme**
**3 tablespoons dry parsley flakes**
**1 10-ounce package frozen peas (optional)**
**1 2½-pound whole fryer**
**4 cups water**
**1 cup noodles**

Place all ingredients in CROCK-POT, except noodles, in order listed. Cover and cook on Low 8 to 10 hours. (High: 4-6 hours). One hour before serving, remove chicken and cool slightly. Remove meat from bones and return meat to CROCK-POT. Add noodles. Turn to High. Cover and cook one hour.

## BARBECUED BEAN SOUP

**1 pound Great Northern beans (see top of pg. 24)**
**1 medium onion, chopped**
**2 pounds lean beef short ribs**
**2 teaspoons salt**
**⅛ teaspoon coarse ground pepper**
**6 cups water**
**¾ cup barbecue sauce**

Completely soften beans as directed on page 24. Place all ingredients in CROCK-POT except barbecue sauce. Cover and cook on Low 10 to 16 hours. Before serving, remove ribs; cut meat from bones. Return to CROCK-POT. Stir in barbecue sauce.

## MINESTRONE

**3 cups water**
**1½ pounds beef shank**
**1 medium onion, diced**
**2 carrots, diced**
**2 stalks celery with tops, sliced**
**1 14½-ounce can tomatoes**
**2 teaspoons salt**
**1 10-ounce package frozen mixed vegetables**
**½ cup shredded cabbage**
**1 tablespoon dried basil**
**1 clove garlic, minced**
**½ cup vermicelli or 16-ounce can garbanzo beans**
**1 teaspoon oregano**
**1 zucchini, sliced**

Place all ingredients in CROCK-POT except zucchini. Stir to mix thoroughly. Cover and cook on Low 10 to 16 hours (High: 4 to 6 hours). During last hour, remove meat and bones. Cut meat from bones and return to soup with zucchini. Turn CROCK-POT to High and cook one hour. Ladle into bowls and sprinkle with Parmesan cheese. Serve with crusty French bread.





## FROZEN VEGETABLES

Use two 10-ounce packages frozen vegetables. Add 1 cup water and vegetables to CROCK-POT. Cover and cook on High 45 minutes, then on Low 2 to 4 hours. Stir occasionally. (Vegetables may be wrapped in foil to eliminate stirring).

## BAKED POTATOES

Prick potatoes with fork and wrap in foil. Fill the CROCK-POT with 6 to 12 potatoes. Cover and cook on Low 8 to 10 hours. (High: 2½ to 4). Do not add water.

## CREAMY SCALLOPED POTATOES

**2 pounds potatoes (about 6 medium)**
**1 small onion, thinly sliced**
**¼ cup flour**
**1 teaspoon salt**
**¼ teaspoon pepper**
**2 tablespoons butter**
**1 10¾-ounce can cream of mushroom soup**
**4 slices American cheese**

Pare and thinly slice potatoes. Toss slices in 1 cup water and ½ teaspoon cream of tartar. Drain. Put half of sliced potatoes in greased CROCK-POT. Top with half of onion slices, flour, salt and pepper. Add remaining sliced potatoes and onions. Sprinkle with remaining flour. Add butter and undiluted soup. Cover and cook on Low 7 to 9 hours. (High: 3 to 4 hours). Add cheese 30 minutes before serving. Double recipe for 5-qt. model.

## STUFFED GREEN PEPPERS

**6 to 8 small green peppers, tops removed and seeded**
**1 10-ounce package frozen corn**
**1 pound ground beef, browned and drained**
**1 8-ounce can tomato sauce**
**¼ teaspoon salt**
**½ teaspoon garlic salt**
**¼ teaspoon pepper**
**1 cup shredded American cheese**
**½ teaspoon Worcestershire sauce**
**¼ cup chopped onion**
**2 tablespoons catsup**

Wash peppers and drain well. Combine all remaining ingredients except catsup in mixing bowl. Stir well. Stuff peppers ⅔ full. Pour 3 tablespoons of water in CROCK-POT. Arrange stuffed peppers in CROCK-POT. Pour catsup over top of peppers. Cover and cook on Low 7 to 9 hours. (High: 3 to 4 hours). Note: For half recipe in a 2 quart model, substitute 6 tablespoons catsup for 1 can tomato sauce.

## FRENCH ONION SOUP

**1 quart beef bouillon or brown stock**
**3 cups thinly sliced yellow onions**
**3 tablespoons butter**
**1 teaspoon salt**
**1 tablespoon sugar**
**2 tablespoons flour**
**¼ cup dry vermouth or cognac (optional)**
**1 cup grated Parmesan cheese**

Pour bouillon or stock in CROCK-POT. Cook onions slowly in large skillet in butter; cover and let cook for about 15 minutes. Uncover and add salt, sugar, flour and vermouth. Stir well. Add to stock in CROCK-POT. Cover and cook on Low 6 to 8 hours. (High: 3 hours). Before serving, top with grated cheese. Recipe may be doubled for the 5-quart model.

## ACORN SQUASH

Place whole rinsed squash in CROCK-POT. Cook on Low 8 to 10 hours. Split and remove seeds when cooked; sprinkle with salt, cinnamon and dot with butter. (May be split and wrapped with foil before baking).

## BAKED APPLES

**6 to 8 medium baking apples, washed and cored**
**2 tablespoons raisins**
**¼ cup sugar**
**1 teaspoon cinnamon**
**2 tablespoons butter**

Mix raisins and sugar; fill center of apples. Sprinkle with cinnamon and dot with butter. Place in CROCK-POT; add ½ cup water. Cover and cook on Low 7 to 9 hours. (High: 2½ to 3½ hours).

## DRIED FRUITS

Place dried fruit in CROCK-POT. Add minimum water as directed on dried fruit package. Cover and cook on Low 8 hours. (High: 2½ to 3½ hours). Serve warm with sour cream and dash of nutmeg.

## CHUNK-STYLE APPLESAUCE

**8 to 10 large cooking apples, peeled, cored and sliced or cut in chunks**
**½ cup water**
**1 teaspoon cinnamon**
**½ to 1 cup sugar**

Put ingredients into CROCK-POT. Cover; cook on Low 8 to 10 hours. (High: 3 to 4 hours). Serve warm; add cream if desired.





## PEACH OR APRICOT BUTTER

**4 28-ounce cans peaches or apricots, drained**
**3 to 4 cups sugar**
**2 teaspoons cinnamon**
**1 teaspoon cloves**
**2 tablespoons lemon juice**

Drain fuit and remove pits; puree fruits using blender or food processor. Pour into CROCK-POT. Add remaining ingredients. Cover and cook on High 8 to 10 hours. Remove cover during last half of cooking. Stir occasionally. Store in refrigerator.

**VARIATION: Fresh Peach or Apricot Butter:** Wash, peel, pit and cook fruit until soft. Add sugar when cooked (using ½ to ¾ cup sugar to each cup of fruit). Add spices and cook as directed in recipe.

## HOT MULLED CIDER

**½ cup brown sugar**
**2 quarts cider**
**1 teaspoon whole allspice**
**1½ teaspoons whole cloves**
**2 sticks cinnamon**
**Orange slices**

Put all ingredients in CROCK-POT. If desired, tie whole spices in cheesecloth or put in tea strainer. (If spices are added loose, strain before serving). Cover and set on Low 2 to 8 hours. Serve from CROCK-POT with ladle.

**HOT SPICED WINE:** Use above recipe, substituting two fifths of sweet sherry or port wine for cider.

## CHILI-CHEESE DIP

**1 pound lean ground beef**
**2 pounds processed American cheese, cut in small pieces**
**½ teaspoon chili powder**
**1 can (8 to 10 ounces) green chilies and tomatoes**
**2 teaspoons Worcestershire sauce**

Brown ground beef well and drain off excess grease. Put ground beef and remaining ingredients in CROCK-POT. Stir well. Cover and cook on High 1 hour, stirring until cheese is fully melted. Serve immediately or turn to Low for serving up to 6 hours later. Serve with tortilla or corn chips. This recipe may be doubled for 3½, 4 or 5 quart models.

# Fondues/Appetizers

## HEARTY FONDUE

**1¼ cups milk**
**2 8-ounce packages cream cheese, cubed**
**2 teaspoons dry mustard**
**¼ cup chopped green onion**
**1 2¼-ounce jar sliced dried beef, diced**
**French bread, cut into bite-size pieces**

Combine cream cheese and ¼ cup milk in greased CROCK-POT. Heat on Low until cheese is melted. Add remaining milk, mustard, onion and dried beef. Stir thoroughly. Serve with bread pieces.

## DESSERT FONDUE

**1 tablespoon butter**
**16 1-ounce chocolate candy bars with almonds, broken**
**30 large marshmallows**
**⅓ cup milk**
**½ pint whipping cream**

Grease CROCK-POT with butter. Turn to High for 10 minutes while assembling recipe. Put chocolate bars, marshmallows and milk in CROCK-POT. Cover and turn to Low. Stir every 30 minutes during first hour until melted and smooth. Gradually add whipping cream. Cover and cook on Low 2 to 6 hours. Serve with pound cake and banana pieces.

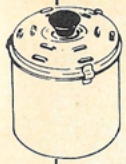
## NIPPY FRANKS

**1½ cups catsup**
**½ cup barbecue sauce**
**⅔ cup bourbon**
**Dash of Worcestershire sauce**
**1 cup brown sugar**
**2 packages (16 ounces each) frankfurters**

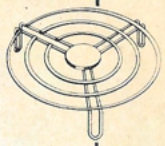
Combine all ingredients except frankfurters in CROCK-POT. Slice frankfurters into ½-inch pieces and stir into sauce mixture. Cover and cook 1 hour; remove lid and heat an additional 2 to 3 hours.



## The Better Way to Bake or Roast



The accessory **Bread 'n Cake Bake™** pan and the **Meat Rack** are specially designed for most CROCK-POT models except 3250 (2 quart). See sample recipes below. Complete instructions and recipes with accessory.
For information and prices, write: **Accessory Sales, Rival Manufacturing Company, P.O. Box 8028, Kansas City, MO 64129**



## SHERRY-PECAN POUND CAKE

**½ package yellow cake mix without pudding (2-layer)**
**½ 3-ounce package vanilla or butterscotch instant pudding mix**
**2 eggs**
**¼ cup salad oil**
**¼ cup water**
**¼ cup sherry or water**
**1½ teaspoons nutmeg**
**Cinnamon-nut mixture:**
**¼ cup sugar**
**½ teaspoon cinnamon**
**¼ cup chopped nuts**

Beat cake mix, pudding mix, eggs, oil, water, sherry and nutmeg 2 minutes. Pour about ⅔ of batter into greased and floured **Bread 'n Cake Bake.** Stir together cinnamon-nut mixture; sprinkle batter with ½ of the cinnamon-nut mixture. Add remaining batter and sprinkle with remaining cinnamon-nut mixture. Cover Bread 'n Cake Bake. Cover and bake on High 2 to 3 hours. Double recipe for 5-quart pan.

**Bread 'n Cake recipes** included with pan: Grandma's Dark Bread • Rich White Batter Bread • Banana Nut Bread • Pumpkin Tea Bread • Apricot-Bran Bread • Boston Brown Bread • Applesauce Cake • Chocolate Fudge Cake • Pineapple Upside-Down Cake • Self-Frosting Fudge Cake • Harvey Wallbanger Cake • Carrot Cake

## ISLANDER PORK

**1 3-pound boneless pork loin-end or sirloin roast, rolled and tied**
**5 to 6 whole cloves**
**½ teaspoon nutmeg**
**¼ teaspoon paprika**
**¼ cup catsup**
**2 tablespoons orange juice**
**2 tablespoons honey**
**1 tablespoon soy sauce**
**2 teaspoons lemon juice**
**½ teaspoon Kitchen Bouquet (opt.)**

Place roast on rack and broil 15 to 30 minutes or until brown. Stud meat with cloves. Place roast in CROCK-POT on **Meat Rack.** Sprinkle with nutmeg and paprika. Stir together catsup, orange juice, honey, soy sauce, lemon juice and Kitchen Bouquet. Pour over roast. Cover and cook on Low 10 to 12 hours. (High 4 to 6 hours). Remove meat from CROCK-POT. Thicken juices with 1½ tablespoons cornstarch and 2 tablespoons water. Cook on High until thickened.